

# THE Fit Center News

Melissa Kallett, Recreation Dir: 935-6743

Jan -Feb 2023

## RULES, RULES, RULES

Our facility rules are in place to provide order, safety, and a peaceful experience for all who frequent our facilities. Our fitness staff doesn't write the rules, rather they implement them. A quick review of a few most applicable to your fitness facilities follows. A complete accounting can be found on the HOA website.



- **GUESTS:** Resident visitors to the fitness centers must be over 17yrs of age, and need have a WHITE guest card. Residents should pick up that guest card at the Clubhouse Resident & Guest Services Desk in advance of the guest visit. Further, to use the fitness facilities (to include pools), guests must pay a \$5 guest fee. Homeowners can use their Pre-Paid guest fee card in lieu of paying the fee. Homeowners can pick up this card (Blue for 2023) at the same Clubhouse Service Desks. Each card entitles the homeowner to 30 free guest visits.
- **GUESTS:** Also, a MAXIMUM of six (6) visitors per household are allowed at the fitness/pools facility at one time. If you have more than six visitors wanting to use the facilities (ie, family reunion, anniversary party, etc), you need get advance permission from the HOA Board.
- **POOL TOYS:** Small kiddy pool toys are allowed in the children's pool...but no ball tossing, or Frisbees, the latter of which can cause unintended injury to others in the pool.
- **POOL FLOATS:** Fun noodles are allowed, along with other floatation devices of similar profile....short, arms only, no leg extensions or cup holders, etc. If they exceed the size then visibility across the pool is limited and entry ways can become obstructed.
- **FITNESS HAND TOWEL:** Users need bring this towel from home to wipe up body sweat and help curtail the spread of germs.

## RULES...continued...

- **FITNESS ATTIRE:** Appropriate workout clothing is required to include fitness footwear. Street clothes should not be worn. Also, we preclude the wear of halter tops, sport bras worn alone, half shirts, or muscle shirts with gaping arm openings. We ask you and your visiting guests to respect this rule.
- **SAUNAS & STEAM ROOM USE:** Access & use is limited to adults only, and wear of and/or sitting on a towel is a nice courtesy to other users.

## TREADMILL SAFETY TIPS

We recently had a patron trip when using the treadmill. Let's not have that happen again.



1. **Wear the Safety Key:** This will stop the belt from turning if you fall, preventing further injury, such as friction burns.
2. **Begin & Finish Safely:** Straddle the belt and keep your feet on the rails. Start the machine at a slow speed, hold the hand rails as you step on. Then gradually increase the belt speed and release hand-rail. Do the reverse when exiting the machine.
3. **Look straight ahead while working out.**



## BUILDING & POOL WATER TEMPS

It's Winter, and this year more than others in memory the outdoor temperature seems to change by the hour. Needless to say this plays havoc with our building a/c and heating systems and makes it most difficult for the pool heaters to keep up with it. As outside temps drop, heaters kick in...regardless of what is happening in the Studios fitness classes or where you are exercising in the weight rooms. If you experience unbearable temps let our staff know...and we'll investigate.